

YOUR PARISH MAGAZINE

We hope every household enjoyed reading the last magazine. As there is no longer a subscription, we are relying on our advertisers and grants from the parish council. Please try and use the trades advertised.

We will be raising the cost of advertising on renewals, still a good bargain as advertisements reach every home.

HARE COURSING

A report from local police: 'Hare coursing remains a key concern for us and our rural communities. Hare coursing is the pursuit of hares with dogs, which chase the hare by sight and not by scent. This type of offending can also be known as hare poaching. It's illegal and can cause serious issues for the rural community. "If you see behaviour you suspect to be linked to Hare Coursing, please report it to us. By working together we can catch those responsible and prevent harm being caused to our communities. You can let us know by submitting an online report on our website. If you see someone Hare Coursing call us on 999 straight away.'





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FRIDAY EVENINGS IN STISTED VILLAGE HALL

4 April	Chish'n'Fips. Martin Dobson Jazz Trio
11 April	Curry Leaf
18 April	Hellente Symposium
25 April	Simply Spuds Pie and Mash
2 May	Spudmania
Saturday 10 May	VE Day. Chish'n'Fips

Check Facebook for other dates in May

WEDNESDAY SHOPPER BUS

Leaves the Montefiore Institute at 9.30am and returns from Braintree at 12 noon as before.

EMAILED MAGAZINE

If you would prefer to receive the magazine by email, please let me know, it would help keep down printing costs.

Eleanor McMillan



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STISTED OIL SYNDICATE: If you are interested in joining, please contact me on stisted.oil.syndicate@gmail.com. The syndicate is open to all residents of Stisted and nearby hamlets. The price achieved in March was **53ppl** + VAT.

Nichola Courtier

BOOK CLUB: The next meetings will be on Wednesday 16 April and Wednesday 21 May. Meet at 7.30pm in the Montefiore Institute, Tea or coffee £1.00 or bring your own refreshments! New members welcome!

Lynn McCullough

CRAFT & CHAT Wednesdays from 1.30 at the Montefiore Institute

Everyone is welcome and an interest in crafting is not a necessity just come for a cuppa and join in the chat. If you would like to learn a craft, just ask and we can show you or perhaps learn together.

We have a selection of handmade items for sale, at bargain prices, which would make ideal gifts for those people who already have everything! Please call in for a browse on a Wednesday afternoon.

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STISTED COMMUNITY SHOP

Stisted community shop is now offering tea and coffee on a Saturday morning. Why not pop by, get your household essentials, fresh baked goods and a sweet treat for the weekend. While you are there, stay for a cuppa and a chat. If you want to order your bread for Saturday, pre-orders taken by 9am on Wednesday for Saturday collection. To order WhatsApp/message the shop on 07729 687398 or email: stistedcommunityshop@gmail.com. Stisted community shop is based at the Montefiore, Stisted. Open: Monday 2-4pm, Wednesday 1:30-7pm, Friday 2-4pm, Saturday 9:30-12pm

Julie Gariazzo

LITTER PICK

A vast amount of litter was collected on 22 March by our kind volunteers. Litter included a mattress and chair! It is a growing problem, and we will probably include more litter picking days. **Volunteers** would be greatly appreciated to keep our village and surroundings looking clean, tidy and welcoming.

Stisted Parish Council

A blue ribbon banner with the words "Community Shop" in a bold, black, sans-serif font. The banner is decorated with various colorful flowers (pink, purple, yellow) and green leaves on the left side.

Community Shop

We stock a range of frozen,
fridge and cupboard items,
as well as fresh bread, cakes
and savoury treats.

Pre-orders taken by 9am on Wednesday for
Saturday collection. To order

WhatsApp/message the shop on 07729
687398 or email:

stistedcommunityshop@gmail.com.

Artisan bread on Saturdays.

Other baked goods and bread during the week.

Based at the Montefiore, Stisted.

Open: **Monday 2-4pm, Wednesday 1:30-7pm**

Friday 2-4pm, Saturday 9:30-12pm

We are still looking for volunteers to help out in the shop.

Pop in to the shop, or message us for details.

A decorative border at the bottom of the page featuring various flowers like tulips and daffodils in pink, yellow, and purple, with green grass.

Now doing tea and
coffee on a
Saturday morning.
Why not join us?

A festive poster for Stisted VE Day 80th Celebration. The background is a large blue triangle pointing downwards, set against a red background. The triangle is decorated with white stars and a string of Union Jack bunting along the top edge. The text 'STISTED' is in dark blue, and 'VE DAY' is in large white letters. Below it, '80TH CELEBRATION' is in red. The date 'SATURDAY 10th MAY' is in dark blue. A list of activities is on the left, and the venue 'Stisted Village Hall' is at the bottom. The bottom of the poster is red with more Union Jack decorations, including a flag, a balloon, and a cupcake.

STISTED VE DAY

80TH CELEBRATION

SATURDAY 10th MAY

Open from 10am: Stisted archive &
Braintree Amateur Radio Club
Afternoon tea & dancing from 2pm
Fish & chips, bar & music from 6pm
Entertainment from 7pm

**Stisted
Village
Hall**

- ★ Bar
- ★ Music
- ★ Dancing
- ★ Exhibition
- ★ Refreshments
- ★ Entertainment

SEE PARISH MAGAZINE FOR MORE INFO

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Any questions feel free to contact me.

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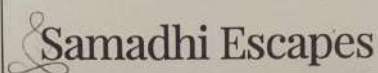
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Climate and Nature for Stisted – March 2025

CANS is a group of local people aiming to support biodiversity and carbon reduction in Stisted. We work on a range of local issues such as raising objections to gravel extraction (66 pages), Essex Air Quality, Nature Plan for Stisted alongside hands on gardening, bird and butterfly counts. CANS is a recognised working party of Stisted Parish Council, current projects include:

- Working with village hall to brighten up the entrance with tubs and create a gravel garden with new access to the archive at the back of the hall.
- Sewing wildflower seeds at Tumblers Green and Priors Green, watch these spaces!
- Working with the Golf Course and Stisted Hall planting 200 trees
- Providing wildlife updates in parish magazine.
- Collecting and delivering a carload of tools for repurposing to ‘Tools with a Mission’, Ipswich from the village and Eco church.
- Sharing ideas with Local Nature Partnership in Essex.

Future CANS meetings will be held in the Montefiore Room over a week in advance of parish council meetings. This allows everyone to discuss matters that affect Climate and Nature, such as planning applications and ongoing projects. It is fun and often accompanied with cake. Everyone is welcome. The next meetings are on Mondays 24 March, 28 April and 19 May 10.30am to 12.30 pm at the Montefiore Institute. Please come and join us.

Helen Remfry, Climate and Nature for Stisted.

Cllrhelenremfry@stisted-pc.gov.uk





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STISTED VILLAGE HALL Annual General Meeting 2025

The Annual General Meeting for Stisted Village Hall will take place on
Wednesday 28 May 2025 at 7.30 pm at the hall. The main business of
the meeting is to present the Annual Report and Financial Statements
for 2024.

This year, there are no vacancies for appointments of new trustees.

STISTED WI



Stisted WI meets in Stisted Village Hall on the second Wednesday of the month at 7.30pm. The next meeting is on 9 April, the talk is 'Olivia's Curiosities', and the competition is a homemade Easter card. The activity on 14 May is to be confirmed.

Annual membership fees are due, details at the meeting.

Visitors are very welcome, cost £5 with coffee and biscuits.

Helen Remfrey



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Stisted's Brendatoys at Braintree Museum

The toys are featured in Braintree Museum's new exhibition 'Toys and Games' which is proving to be one of the most successful to date. The museum asked us if they could borrow our own Brendatoys exhibition when they visited our Business and Trades exhibition on March 2024 at Stisted Village Hall. They were delighted it was local with good historical content and the number of toys which included furry and silk-screened animals and finger puppets. They were all made in and around Stisted, in the 1960s to 1970s, by out-workers and designed by Brenda Cheese, who also lived in the village. She sold toys to Hamleys, Heals and Dickens & Jones in London and exported to the USA, Canada and Switzerland.

The exhibition itself is an impressive and fun collection of memories for us as adults, and when we were children. There are a few eye-openers too, see their oldest item a wooden doll from the 18th century as well as some bone dice which maybe even earlier. They also have an original Monopoly board from 1936 and Doreen Digby's Stisted Maze game based on Stisted on display.

The exhibition is open until 28 June and while you are there you can visit their lovely little attached 'Something Scrummy' café serving all-day breakfast, tea, coffee and cakes, and toasted sandwiches. The museum shop is full of goodies too with excellent selection of greetings cards and much more. All based in this award-winning museum in the converted Courtauld School, located in the centre of Braintree in Manor Street. And, no, I haven't got shares in it, it is such a brilliant, friendly, local museum and it is well worth a visit.

Photo of Jo Cheese, Brenda's daughter, proudly admiring her mother's work at the museum.



Sue Buffey, Stisted Archive



SOCIAL MEMBERSHIPS NOW AVAILABLE!

Sign up as a Braintree Golf Club social member today and enjoy access to our fully licensed and welcoming clubhouse for a bite to eat and a social drink!

Social membership for Stisted, Bradwell and Pattiswick residents costs just £75 for a full year. This entitles you to up to 20% off food and drink, plus the chance to show off your general knowledge at our popular Tuesday Quiz Night!

Please pop over to the clubhouse on Kings Lane or contact us on 01376 346079 Option 1 / email us at membership@braintreegolfclub.co.uk for further details.

CANS GH Wildlife update PM12 – Feb to March 2025

As I reported in January, the birds visiting my Sunflower Heart and Peanut feeders had drastically reduced in numbers. Greater spotted woodpecker, sparrows and a few starlings have started to show, but for the last two years during late December to April, I had multiple daily visits from our normally abundant goldfinches and some breeding pairs of red polls. A few siskins showed up during the colder periods but so far this year they have also been absent. I hope to see bird numbers rise as we approach the breeding season, and I have had an increase in numbers due to me moving my feeding station very close to an apple tree in my garden. It took the birds a week or so to get confident and I introduced some suet pellets to help them during the colder mornings and frost. This was going well until last week when a male sparrowhawk chased a blue tit off of a feeder, through the apple tree and plucked the poor soul out of the air as it fled. Since then, the blue tits at least have become sadly absent.

Barn Owl - Last report I informed you all of a barn owl in one of the golf course nest boxes down by the river. I have recently made two visits at dusk to photograph the owl, but it wasn't there. I did mention last time that barn owls often pair and breed now so it's possible that this bird has found a partner elsewhere or is still there and I missed it.

Buzzards and Red Kites - These birds of prey have been pairing up and I have seen up to four buzzards giving aerial displays and loud calls above Rolfs Land near the village hall. Red kites have also started to show in greater numbers or increased visits. They will soon be looking for leverets, eggs, young birds as well as scavenging roadkill and scraps for their own young. Over the winter months, I returned to one of my hobbies of acrylic painting. I sifted through many of my photos and created **A study of Red Kites**. Below is a photograph of my painting, mounted in a temporary frame. I considered that someone feeding these birds regularly would have seen them flying in some or all of the poses in my compilation, quite possibly singularly or all at the same time as they compete for scraps.

Tree / Hedge Sapling Donations by CANS. - My last thing to add this month is that your good old CANS Team has once again provided

Braintree Golf Club with 100 free tree and hedge saplings. The nursery they made with the 90 trees we gave them last year is doing well and they will be moving some of these into key areas in line with their Woodland Plan. It is also likely that The Duke of Kent Home, Stisted Hall will take some trees as they have had a few fallen trees with the heavier winds this winter. These saplings come to our group F.O.C. from the Woodland Trust so that we can help replace as many of the



losses to our wooded areas as we can. Disease, old age, storms etc. all take their toll, and we are after all tasked with improving our carbon footprints and the CO₂ that is absorbed naturally by our flora is vital as well as the oxygen that they produce. We strive to get on well with our local partners and by donating these saplings to them we hope to keep both flora and fauna safe, healthy and thriving for as

long as we possibly can. Thank you for reading my article this month and I hope you enjoyed it and look forward to the springtime ahead and all the nature that it brings to our gardens and local areas.

Graham Holloway CANS Wildlife Rep.



Our current shopping list 2025

Food items

- Instant/packet Mash
- Tinned rice pudding
- Coffee
- Cannnd Fish
- Rice (1kg bags)

Non food tiems

- Toothbrushes
- Toothpaste
- Deodorant
- Hair conditioner (male and female)
- Shower Gel (male and female)

We ask for small packs as larger packs do not fit in our boxes making it difficult for our clients to carry home. Also, we are unable (for hygiene reasons) to split large size or catering packs.

We follow the standards set by the Food Standards Agency. We can only accept donations of unopened and undamaged goods that are still well within their "use by" date (no less than six months if possible). Items which do not meet these requirements cannot be used and your donation may be wasted.



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THE VOICE OF STISTED

The reader may well be wondering what I mean by voice of a village. If you are in the village between 10:00 and 11:00am on most Sunday mornings, you will hear that voice loud and clear. I speak of the famous six bells in the tower of All Saints Church. They can also be heard on Monday evenings when the local ringers practise and on numerous other occasions when we welcome visiting ringers from all over the UK. Last summer we also welcomed guest ringers from the USA and Australia. The tower is very popular venue for some Essex Ringers on practise nights. I also believe that the majority of people in Stisted enjoy hearing the bells. I can confirm we have now trained a further nine ringers who are making excellent progress in the art of campanology. Unfortunately there is a downside to the good situation I have described. The bells were cast in 1799 and hung in the rebuilt tower around 1850 on a heavy oak framework. This was replaced in 1927 when the bells were rehung in a cast iron and steel frame complete with new mechanical fittings. This is the situation today, nearly a century later. Although the bells have been well cared for over the years, a lot of renovation work, replacement bearings, retuning etc. is required. This means removing the bells to a Bellhangers Works for complete renovation. We hope to increase the ring to eight bells as originally intended in 1927. However this was not possible due to the financial crash in 1929 followed by World War 2. We have received quotations for the project renovation of the original six bells plus two new treble bells for completion of the octave. The total cost is nearly £70,000. We have already started to finance the project collecting approximately 17% of the total. Our immediate problem is finding helpers who have good ideas on how to raise large sums fairly quickly. This might be where we attract help from interested Stisted residents. We need that assistance now. If any residents like the idea of raising finance with this project, please contact me. Your interest and assistance will be very much appreciated. Kind regards, Terry Earle, 34 Meadow Park, Braintree CM7 1TD tel: 01376 320184, mob: 07973637036, email: telearle098@gmail.com

Terry Earle Tower Captain Stisted Bellringers



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Carers Support

To refer yourself, family member, friend or neighbour to Community Agents.

Please call EWS direct 0300 303 9988

Please note you must have the person you are referring's permission. Lines open Monday to Friday 8am-7pm and Saturday 9am-12pm.



**Essex
Wellbeing Service**





The Ecclesiastic Parish of Stisted with

Bradwell-juxta-Coggeshall and Pattiswick

Vicar Revd Heike Prentice

Hope in Dark Times:

Letting Our Little Bit of Good Grow

Are you a gardener? I really enjoy seeing the seasons change and pottering about in my garden; the bursting into life of plants that seemed quite dead is a wonderful expression of renewal. As we journey through Lent, we are reminded that this season is one of renewal, but also reflection and repentance. It is a time when we turn our hearts toward God, seeking His guidance and grace. Yet, for many, Lent can also be a season that mirrors the struggles of life, the wilderness moments, the waiting, the longing for light in the darkness. In these times, we hold fast to hope, trusting that even the smallest acts of goodness can grow into something beautiful.

One of the most powerful messages of Lent is found in the words of Jesus in John 1:5: ‘The light shines in the darkness, and the darkness has not overcome it.’ No matter how bleak things may seem, God’s light is never extinguished. This truth is an anchor for us, reminding us that no hardship, no sorrow, no personal struggle can ever fully overcome the light of Christ. Lent calls us to keep that light burning, not just in our own hearts but in the world around us.

In the midst of personal or global struggles, it can be easy to feel that our efforts to bring good into the world are insignificant. Yet, as Mother Teresa famously said, “Not all of us can do great things. But we can do small things with great love.” Even the smallest act of kindness, offering a word of encouragement, praying for someone in need, sharing what we have with those who lack, can ripple outward, making a difference in ways we may never fully see.

Galatians 6:9 encourages us with these words: ‘Let us not grow weary in doing good, for at the proper time we will reap a harvest if we do not give up.’ During Lent, we are called to persevere in faith, trusting that our small efforts will bear fruit in God’s time. Whether it is through acts of charity, deepening our prayer life, or simply offering a smile to

someone who needs it, every small act of love is a seed planted in the soil of God's kingdom.

This season, let us focus not on the darkness that surrounds us but on the light we can bring into the world. Let us be people of hope, knowing that Christ's resurrection is coming, that light will break through, and that our little bit of good—done in faith—will grow beyond what we can imagine.

As we continue through Lent, may we hold onto hope and keep our eyes fixed on the One who overcame death itself. And may we be encouraged to let our small acts of goodness shine brightly, bringing light into the lives of those around us.

Blessings to you this Lent and may we all keep our little flames of hope burning brightly until the joyous light of Easter morning dawns.

With love

Tayrina

Revd. Tayrina Ferguson
Curate at Coggeshall And United Parishes
01376 806074

ALL SAINTS' CHURCH, STISTED

SERVICES & ACTIVITIES

Services at Stisted Church start at 10.30 a.m. unless stated otherwise. Refreshments are available after the services.

There will be a service on the 1st and 2nd Sunday of month.

Worshippers are encouraged to join worship at other churches in the Benefice. Details below.

Saturday 5 April	9.00-10.30 a.m. Cleaning at Stisted Church followed by Coffee at 10.30 a.m.
Sunday 6 April	10.30 a.m. Prayer and Praise at Stisted Church led by Pat Bash and the Church Team. What is the relevance of Jesus' crucifixion to us today?
Monday 7 April	9.00-10.30 a.m. Toddler Group meet in the South Aisle, Stisted Church. Contact: Jamie 07767 367 067
Sunday 13 April	10.30 a.m. Palm Sunday. Worship and Praise with Holy Communion led by Revd Heike Prentice

Sunday 20 April	4.00 p.m. Holy Trinity Church, Bradwell. Celebrating the resurrection of Jesus on Easter Sunday with a service of Holy Communion.
Saturday 3 May	9.00-10.30 a.m. Cleaning at Stisted Church followed by Coffee at 10.30 a.m.
Sunday 4 May	10.30 a.m. Prayer and Praise at Stisted Church led by Guy Varney and the Church Team. 3 rd Sunday after Easter Breakfast BBQ with Jesus by the Sea!
Sunday 11 May	10.30 a.m. Worship and Praise with Holy Communion led by Revd Heike Prentice. Immediately followed by Annual Vestry Meeting to elect Churchwardens
Sunday 11 May	3.00 p.m. Annual Parochial Church Meetings for all PCCs to be held at St Peter's ad Vincula, Coggeshall. Nominations for PCC Members invited.
Monday 12 May	9.00-10.30 Toddler Group meet in the South Aisle, Stisted Church. Contact: Jamie 07767 367 067
Thursday 8 May	80 VE DAY – Church Open to commemorate this anniversary. See notice boards for details.
Sunday 1 June	10.30 a.m. Prayer and Praise at Stisted Church led by Pat Bash and the Church Team. Sunday after Ascension Day

BENEFICE SERVICES - www.caup.org.uk

Sunday of the month	Coggeshall	Stisted	Cressing St Barnabas
1st	08:00 Said Communion 09:30 Sung Eucharist 10:30 Family Service	10:30 Prayer and Praise led by the Church Team	10:30 Service of the Word
2nd	08:00 Said Communion 09:30 Sung Eucharist 10:30 Family Service	10:30 Worship including Holy Communion	10:30 Service of the Word

3rd	08:00 Said Communion 09:30 Sung Eucharist 10:30 Family Service		10:30 Service of Holy Communion
4th	08:00 Said Communion 09:30 Sung Eucharist 10:30 Family Service		10:30 Service of the Word
5th	One service in the Benefice at 10:30. To be announced		



SUPPORTING OUR LOCAL FOODBANK

Stisted Church is already a collection point for donations of items the local community are able to donate. Checking their website for

what is particularly needed each month is helpful. Go to:

<https://braintreearea.foodbank.org.uk/give-help/donate-food/>

But demand for items has reached an all-time high and so their Fund investments are used to enable additional items to be purchased to meet the increased need. Gradually, this reduces the value of their investments so less is raised in dividends!

But we can help! Can you save 40 pence per day for the 40 days of Lent? Can you also do it for the 40 days from Jesus' crucifixion to his resurrection? Those donations can be donated online:

<https://braintreearea.foodbank.org.uk/give-help/donate-money/>

If you are not able to do this, then please contact Pat Bash (pbash@caup.org.uk or 07710598636) to discuss other options we can help you with.

From April, donations for refreshments after the service will be collected for Braintree Foodbank.



NOTICE OF THE ANNUAL VESTRY MEETING FOR THE ELECTION OF CHURCHWARDENS

**To be held on Sunday 11 May 2025 immediately after the service
(11.30 a.m.) at Stisted Church**

This meeting may be attended by:

1. All persons whose names are entered on the church electoral roll of the parish and
2. All persons resident in the parish whose names are entered on a register of local government electors by reason of such residence

NOTICE OF THE ANNUAL PAROCHIAL CHURCH MEETING will be held on 11 May 2025 at 3.00 p.m. at St Peter's ad Vincula, Coggeshall

PLEASE NOTE: Anyone may attend, but only those persons on the Church Electoral Roll are eligible to vote

The Agenda includes:

Receiving reports:

- a. On the New Church Electoral Roll since the last annual parochial church meeting
- b. An Annual Report of the proceedings of the Parochial Church Council and the activities of the parish generally
- c. The Financial Statements of the Council for the year ending on 31 December immediately preceding the meeting audited or independently examined
- d. A Report on the fabric, goods and ornaments of the churches of the parish
- e. A Report on the proceedings of the Deanery Synod and other matters of parochial or general Church interest.

For the election of Parochial representatives of the laity as follows:

- To the Parochial Church Council representatives. - 3
- To the Deanery Synod representative - 1
- For the appointment of the Independent Examiner or Auditor.



OPEN CHURCH AT ALL SAINTS' STISTED

Between 10.00a.m. and 3.00p.m.

**Friday, Saturday, and Sunday
Light a Candle and Say a Prayer,
Free Wi-Fi, Refreshments, Baby**

**Changing and Play Area and Toilet facilities available
Foodbank Donations may be left in the South Porch at
any time.**

COLLECTION BOXES ARE AVAILABLE FOR:

- **Used Batteries**
- **Candle Stubs** – to help make Trench Candles for the Ukraine
- **Old Prescription spectacles** for India via Vision Express
- **Garden Tools** periodically collection **for Tools with a Mission (TWAM)**. For more details go to: <https://www.twam.uk/ipswich>
- **Braintree Foodbank**



Climate and Nature for Stisted – CANS, Wildflower planting

This year CANS has made a big effort to make an impact on the village, by buying and sowing wildflower seeds at Tumblers Green and Priors Green. We chose mixtures of annual seeds to give



maximum colour in the forthcoming months, alongside longer lasting perennials. The 50+ species are from the RHS 'Perfect For Pollinators' list to provide habitat and food for pollinating insects and wildlife and increase floral diversity.

Sowing native and non-native seeds promotes sustainable landscapes, helping species to adapt to climate change, as their ranges shift northwards.

They encourage the genetic diversity of populations (via gene flow) where this has declined due habitat loss and fragmentation.

Seeing wildflowers helps us too, by improving our mental well-being and the awareness of the importance of biodiversity. Why not enjoy a walk around the village past Tumblers Green, to Priors Green and sit on the coronation bench and soak in nature?

Helen Remfry, Climate and Nature for Stisted
Cllr.helenremfry@stisted-pc.gov.uk

PILATES NEWSLETTER for April

Hope you had a great March. As I am putting the final touches to April's Newsletter, and I can begin with 'spring is finally here'.

I have been teaching online now for over four years. I never would have thought this would have happened, but the lockdown changed our working plans for me, and I imagine for many of you too, for the better. I had to learn hard and fast, and now I successfully deliver a Zoom class a week (Mondays), Carers twice a month and Personal Training. Teaching Group Exercise online has enabled me to become more creative with class content and output. Building an online timetable with a wide variety of innovative classes has been one of the biggest points for you and myself, as being creative and experimental every day is so important.

During the month of March I have been referring to the condition Osteoporosis throughout our classes. Did you know that over three million people in the UK have been diagnosed with this condition, but the worrying part is there is far more than that, as people have ignored their condition. It's not too late to find out if you have osteoporosis by doing this risk assessment. I have completed the test, and the result is that I am at risk. Here is the link, it only takes five minutes.

<https://theros.org.uk/>

How Common Is Arthritis?

Arthritis is very common, particularly among older adults. Here are some key facts:

- **Over 10 million people in the UK** live with arthritis or related conditions.

- **Osteoarthritis** affects approximately 9 million people in the UK, mostly those aged 45 and over.
- **Rheumatoid arthritis** affects around 400,000 people in the UK and can occur at any age.

With an ageing population, the prevalence of arthritis is increasing. Fitness Pilates can play a vital role in helping participants manage symptoms, improve mobility, and enhance their quality of life.

Key Tips for Managing Arthritis:

1. **Warm-Up Thoroughly:** A gentle, dynamic warm-up increases circulation and loosens stiff joints.
2. **Strengthen Muscles Around Joints:** Use bodyweight or light resistance to improve stability and support.
3. **Incorporate Stretching:** Gentle stretches help maintain flexibility and relieve tension.
4. **Avoid High-Impact or Rapid Movements:** Refrain from jumping or heavy lifting to prevent joint strain.
5. **Use Props:** Supportive tools like chairs, yoga blocks, or resistance bands can help with balance and accessibility.
6. **Encourage Rest as Needed:** Pause or modify exercises based on comfort.
7. **Monitor Pain Levels:** Move within your pain-free range and stop if discomfort increases.

Types of Arthritis:

1. **Osteoarthritis (OA)**
 - **Description:** The most common type, caused by wear and tear on joint cartilage.
 - **Symptoms:** Stiffness, pain, and swelling, typically in weight-bearing joints like knees and hips.
2. **Rheumatoid Arthritis (RA)**
 - **Description:** An autoimmune disease where the immune system attacks joint tissues.
 - **Symptoms:** Inflammation, joint deformity, and fatigue, often affecting smaller joints (e.g., fingers, wrists).
3. **Psoriatic Arthritis**

- **Description:** Linked to psoriasis, causing joint pain, swelling, and skin issues.
- **Symptoms:** Pain in fingers, toes, and spine, with occasional flare-ups.

4. Gout

- **Description:** A form of arthritis caused by uric acid buildup in joints.
- **Symptoms:** Sudden, severe pain, often in the big toe or smaller joints.

5. Ankylosing Spondylitis (AS)

- **Description:** A type of arthritis affecting the spine, leading to stiffness and reduced flexibility.
- **Symptoms:** Chronic back pain and limited spinal movement

‘Exercise that's good for your bones

Bones stay strong if you give them work to do.

For exercise to be most effective at keeping bones strong, you need to combine:

- *weight-bearing exercise with impact*
- *muscle strengthening exercise*

Variety is good for bones, which you can achieve with different movements, directions and speeds - in an activity like dancing for example. Short bursts of activity may be best, such as running followed by a jog, or jogging followed by a walk.

Weight-bearing exercise with 'impact'

You are weight bearing when you are standing, with the weight of your whole body pulling down on your skeleton.

Weight bearing exercise with impact involves being on your feet and adding an additional force or jolt through your skeleton. This could be anything from walking to star jumps.

You can get weight bearing exercise with impact by taking part in some physical activity, sports or by doing specific exercises. The level of impact varies depending on the activity’

<https://theros.org.uk/information-and-support/bone-health/exercise-for-bones/>

I have learnt something new from this conclusion that the organisation encourages impact exercises i.e. from walking to star jumps. Hey, perhaps I need to introduce some jumping jacks and burpees into our sessions 😊

I LOVE MY NEUROPLASTICITY

Neuroplasticity is the brain's ability to reorganise itself by creating new neural pathways and strengthening/weakening existing ones.

Neuroplasticity gives us hope - it means we can change! We can change any habit or pattern of belief.

We unconsciously create neural pathways when we indulge in certain behaviours or emotions regularly. These "habits" become neuro-associations in the brain. We end up doing them without thinking.

But that doesn't mean we're programmed to continue to repeat those behaviours or emotions. When you **stop** a consistent behaviour, those neuro-associations shrink immediately.

When we start changing our thoughts and behaviours, our brain rewires itself to reflect that. It actually grows new connections and new neural tissue to adapt to the changes we make.

You can use neuroplasticity to undo negative thoughts and behaviours or to support positive thoughts and behaviours. It's versatile!

We can change anything we want - even how happy or sad we are - by focusing on and choosing which neural pathways we want to strengthen.

66 days to change a habit: Did you know that it takes an average of 66 days to form a change of habit? I didn't know either, I thought it was 21. But that's the conclusion of a groundbreaking investigation carried out by Cancer Research UK. No wonder it's sometimes so hard to stick to our new intentions

MUSCLE MATTERS: As we age, it's important to build strength and maintain muscle mass to help prevent future injury and illness

Did you know that from the age of 30 our muscle mass starts to decline? This is a natural process known as Sarcopenia and accelerates over time, putting older people at risk of instability, illness, and injury. Research shows that regular muscle stretching exercise in later life can

prevent falls and fracture, build bone density, regulate blood pressure, prevent type 2 diabetes, and even enhance mood.

There are more than 600 human muscles, soft tissue essential for movement and physical function. Repetitive strength-based training that stresses muscle to build density benefits the whole body.

Thankfully there are easy steps everyone can take to rebuild and maintain their muscle mass and it's never too late to start. It is recommended that older people incorporate strength training in their regular exercise programme 2-3 times a week, gradually increasing weights and session duration to stimulate muscle resistance.

Five ways to build strength

Rest and Repeat: Try lifting a weight such as dumbbells, or even a tin of beans. Start with 8-12 reps of a bicep curl, increasing reps, weights and frequency as strength grows.

Use your body weight body weight: Body weight exercises are great for building muscle mass. Depending on your fitness and comfort level, try sets of push ups, planks and squats, or a lower intensity exercise such as repeatedly standing from a sitting position i.e. sit to stand.

Stretch and Tone: Doing Pilates helps to improve core strength, flexibility, and balance. The Pilates movements target multiple muscle groups to promote stretching and toning.

Eat more Protein: Strength training breaks down and rebuild protein in muscles, so it's advised to eat more protein found in nuts, seeds, dairy, eggs, meat, fish, and green vegetables. I've attached a lovely little workout that covers the subjects in this month's newsletter 'Strength V Fitness Pilates'. Hope you enjoy it.

Have a fabulous April and Happy Easter.

Quote of the month: Change your thoughts and you change your world.
Norman Vincent Peale

Love and Best Wishes

Marisa Fitness Pilates Health Coach

Just when the caterpillar thought the world was over, it became a butterfly.

Chuang Tzu

STISTED PARISH COUNCIL

Stisted Parish Council response to Consultation on Essex Air Quality Strategy February 2025

There is a very serious omission in all of the documents produced for this consultation. A word search of all documents for ‘incinerator’ reveals zero results. The term waste management only occurs three times as part of a list with no other comment.

We find it extremely concerning that the new waste incinerator at Rivenhall warrants no mention in the documents and certainly there is no indication as to how emissions from this facility will be monitored and controlled. The facility is due start operation later this year in late summer/early autumn with a gradual build up black bag waste incineration in subsequent months.

The emissions from the Rivenhall incinerator will be the single largest source of CO₂ and air pollution in Essex and yet you fail to mention it at all during this consultation exercise. We understand that the waste incinerator is calculated to emit the equivalent of 10,000 diesel cars being driven 24hrs every day.

The area around the incinerator is very poorly monitored in terms of air pollution; we understand NO_x emissions are measured at Bradwell on the A120, Kelvedon High Street and the A120 at Braintree. No air quality monitoring equipment has been set up to measure the ambient air quality of the communities surrounding Rivenhall incinerator and they include Feering, Coggeshall, Stisted, Silver End, Cressing, White Notley, Rivenhall and east Braintree. We can find no indication that ECC or BDC will have measures in place to monitor/control the air quality in the areas surrounding the incinerator before and after the plant starts operating. The big question here and one that needs answering is, ‘why not?’

In his foreword of the Essex Air Quality Strategy by Professor Sir Stephen Holgate, he highlights the increasing health problems caused by air pollution, backed by some very worrying statistics and the urgent need to tackle this issue. The lack of any measures concerning omissions from the Rivenhall incinerator is quite clearly at odds with the professor’s remarks which appear to have been ignored.

We ask that the measuring, monitoring and control of omissions at the Rivenhall incinerator be looked at seriously and included in the new strategy and action plan.

Stisted Parish Council - Synopsis of Full Minutes of the Parish Council Meeting held on Wednesday 8 January 2025 7.30pm, Montefiore Institute Stisted

Apologies for Absence/Attendance: Apologies were received from Cllr Paul Thorogood and Cllr Eleanor McMillan. All other councillors present. Clerk and three members of public present

Councillor Updates: Mr. Hollands had resigned from his position. The council expressed appreciation for his service and wished him well in the future, including work with Stisted Historical Archive.

Public Participation: The council extended sympathy to the family of Pauline Harrington, a respected member of the community. Public concerns raised during the meeting included ongoing water leaks on Water Lane and follow-up questions about Affordable Housing survey.

County & District Councillors' Update: Key updates included:

- A new planning application for the Rivenhall incinerator.
- BDC's proposals to increase recycling through changes in waste collection, aiming for a 65% recycling rate.
- Essex County Council's potential transition into a Unitary Authority, could delay elections until 2027.

Parish Paths: Cllr Powers confirmed that letters had been sent to landowners asking for the reinstatement of footpaths across their land.

Village Hall Report: The village hall saw a boost in income in 2024. The archive is planning a photographic exhibition. Restoration efforts for Montefiore artifacts continue.

CANS (Community and Neighbourhood Support): The village wreath-making event raised £600, which was donated to CANS.

Playing Fields: will need a village group to review what is needed next later in 2025 and apply for grants.

Resolutions Passed

- **Minutes Approval:** The minutes of 4 December 2024 meeting and 17 December Planning Meeting were approved.

- **Payments:** It was resolved to pay 50% of the Wi-Fi costs for the Community Shop (£14 per month).
- **Finances:** The financial reports, including the precept form, were approved.
- **Personnel Committee:** Terms of Reference for the Personnel Committee were approved, and membership was confirmed as Cllrs Remfry, Powers, and Nurse.
- **Grass Cutting Contract:** The council resolved to appoint Dave Burge of Horizon for grass cutting in 2025, with the option to extend for a second year.

Other Business

- The council will discuss Litter Pick volunteers and dates, with new signs arriving for the event.
- A review of playing field equipment and a potential working group for new play equipment will take place in better weather.
- Updates on Neighbourhood Plan and Housing Needs Survey results were requested for next meeting.

10. Next Meeting - will be 5 February 2025 at 7:30 p.m. at the Village Hall. **Meeting closed:** 20:45.

Stisted Parish Council - Synopsis of Full Minutes of the Parish Council Meeting held on Wednesday 5 February 2025 - 7.30pm, Stisted Village Hall

All councillors present plus Clerk and 21 Members of Public and Cllr Thorogood

Councillor Vacancy: Three applications have been received for the vacancy, with a deadline of 28 February for submissions.

Affordable Housing Updates: Presentations were made on the Housing Needs Survey (HNS) and demand for affordable housing. No decisions on sites have been made yet. Public concerns included site suitability and eligibility for housing, with reassurance given that no site has been agreed.

Public Participation: Key issues included discussion on the Housing Needs from 2020 and 2024, including queries on choice of site. Aldo concerns about traffic, water drainage on Water Lane, and the current

state of roads. The Council will contact Anglian Water regarding the water issues.

County Council: Key points covered the need to respond to air quality surveys, to check the BDC waste surveys and an announcement that Essex CC has go ahead for devolution.

Planning: Council do not support the application for Shed and Orchard opposite Brooks Farm. Conkerbells and 47 Sarcel Approved.

Resolutions:

- The minutes of the 8 January 2025 meeting were approved.
- The Council resolved not to support the planning application for a shed, fence, and orchard at a local property.
- The bank reconciliation and payment schedule were accepted.
- The generic working group terms of reference were adopted.
- The Stisted Parish Council Grant Policy was updated to allow for mid-year applications.

Other Business: A litter pick is scheduled for 22 March, and a playground inspection course for Cllr Nurse will be booked. The next Parish Council meeting is set for 5 March 2025.

CANS have purchased wildflower seeds ready to reseed some greens and verges.

Synopsis of Stisted Parish Council Draft Minutes of the Meeting held on Wednesday 5 March 2025 at 7.30pm in The Montefiore Institute. Full minutes on parish council website.

Present: Councillor Alan Routledge – Chairman, Cllrs Eleanor McMillan, Geoff Nurse, Richard White, Robert Powers and Helen Remfry

In attendance: Mrs Ruth Jubb and nine members of the public. The meeting commenced with apologies for absence from Cllrs Dennis Abram, Tom Walsh, and Paul Thorogood. No declarations of interest were made. During the public participation session, residents raised concerns regarding the Affordable Housing Project, particularly about its progress and the timing of consultations and impact on people's lives. The Chair clarified that the project is still in the early stages and would involve a full public consultation once it progresses. There was

also a request for meetings to be held during the day to accommodate elderly residents, which the Chair agreed to explore further and possibly provide comments boxes for those who cannot attend.

Regarding the Affordable Housing Survey and the identifiable need, the Chair proposed progressing the project by encouraging those who expressed interest to register with the Housing Needs Register and a working group was suggested to assist with the project's progression, with final approval for this resolution unanimously agreed by the council.

In other matters, the council discussed the recent councillor vacancy. After interviewing two candidates, Mark Hughes was appointed to the council, following a vote.

The minutes of the previous meeting were approved, and several actions were reviewed, including the allocation of £300 for VE Day celebrations, which the council supported and reporting further potholes on local roads.

There were no planning applications to discuss. Finances were agreed as per bank

The council also discussed ongoing maintenance, including the repair of the recreation ground play equipment, with a quote from Horizon approved for repairs.

Additionally, the formation of a working group for the Affordable Housing project was confirmed, consisting of six members, three from the council and three from the public and the clerk is to draft a Terms of Reference.

Other items covered included updates on the Neighbourhood Plan, the air quality strategy, and parish magazine costs. The council agreed not to cover the parish magazine's printing costs until the finances of the magazine's community interest company were reviewed.

The meeting concluded with the confirmation of the next council meeting for April 2, 2025, in the Montefiore and several items, including the Affordable Housing Working Group, Action Plan and Council Insurance, were added to the next agenda.

Agreed Resolutions:

1. The Affordable Housing Project was approved to move forward, with those expressing interest asked to register on the housing register. Proposed by Cllr Routledge and 2nd Cllr Powers and agreed by all.
 2. Mark Hughes was appointed as the new councillor by a unanimous vote.
 3. Previous Meeting Minutes were agreed
 4. £300 was allocated for the VE Day celebration.
 5. Bank Reconciliation, Budget and Payments were agreed
 6. The quote from Horizon for play equipment repairs was approved.
 7. A working group for Affordable Housing was formed with six members, three from the council and three from the public
- A full copy of minutes is available to download from the Parish Council Website: <https://stisted-pc.gov.uk/parish-council-minutes/>

NEXT PARISH COUNCIL MEETING

The next meeting of the Parish Council will be held on Wednesday 2 April 2025 at 7:30p.m. at the **Montefiore Institute**.

CLOSE OF MEETING: The meeting closed at 20.50 pm.

BRADWELL WITH PATTISWICK PARISH COUNCIL

The regular meeting dates as follows:

14 April	13 October
12 May - Annual Parish Council Meeting as well as the Parish Council Meeting	10 November
9 June	8 December
Please note that these dates may be subject to change, so please check regularly for the latest information.	

DRAFT Minutes of the Parish Council meeting held at 7.30pm on Monday 10 March 2025 at Bradwell Village Hall, Church Road, Bradwell

Present: Cllrs Glenn Lockey (Vice Chair), Adam Deighton, Craig Evans, Antony Harding, Lesley Kinder, Michael Turner

In attendance: Mrs Nicki Watkins, Clerk & RFO, Mr Stuart Rowland, IMR Planned Works & Asset Health Manager, Anglian Water, Cllr Playle, County Councillor for Witham Northern, Cllr Walsh, District

Councillor, Coggeshall Ward, two members of the public were in attendance

24-5/262 WELCOME AND APOLOGIES

The Chair declared the meeting open at 7.30pm and welcomed those present. Apologies were received and accepted from Cllr Dunn.

Apologies were received from Cllr Abram.

24-5/263 DECLARATION OF INTERESTS

Members of the Council are subject to the LGA Model Councillor Code of Conduct 2020 (The Revised Code), adopted at the Annual Parish Council Meeting on 13 May 2024. Appendix B requires Councillors to register and disclose pecuniary and non-pecuniary interests. There were no declarations of interest.

24-5/264 PUBLIC PARTICIPATION SESSION WITH RESPECT TO ITEMS ON THE AGENDA AND OTHER MATTERS THAT ARE OF MUTUAL INTEREST: Two members of the public were in attendance. There were no matters raised.

24-5/265 ANGLIAN WATER – STUART ROWLAND, IMR PLANNED WORKS& ASSET HEALTH MANAGER

Mr Rowland had kindly offered to attend the meeting to provide information on the approved Links Road to Cressing Tower 2km water mains replacement scheme (running from the water tower at Lanham Green Road/Whites Green in between Cressing and Bradwell, all the way down to Links Road).

Historically there had been a number of burst mains along this route. The aim of the scheme would enable the Bradwell Water Tower to be decommissioned once the project was completed, with residents being served via a pump from the reservoir. Not only would this save money, but residents would see an improvement in the water pressure. The new pumps were very reliable and there were back-ups in the event of pump failure.

Highways had approved Anglian Water's application for the scheme, which would commence on 28 April and require closing Links Road for a total of nine weeks. Work would be undertaken in sections and all residents affected by the closures had been contacted in person and would be able to continue to access their properties via a fob/access

code system. As the Project Manager, Mr Rowland had given residents his assurance that he would be on-call 24/7 for the duration of the project.

Date later in this magazine.

The work would be undertaken in three stages, as follows:

The Parish Council expressed thanks to Mr. Rowland for taking the time to explain the project. Mr Rowland left the meeting at 7.50pm.

24-5/266 COUNTY AND DISTRICT COUNCILLORS

i. **Cllr Playle** reported on the following:

- New bus shelter – Cllr Playle had submitted the application for a new bus shelter at the bus stop opposite Wadud’s restaurant.

- Pothole at Hollies Road – follow-up on this issue had been made, requesting that this be given priority attention to ensure it was ‘made safe’.

- Locality Fund (bench request) – Cllr Playle had liaised with the Clerk as Essex County Council could find no record of there ever being a licence for the bench at Church Road. In addition to requiring an up-to-date licence, they had stipulated that a path be laid from the roadside to the bench, making it accessible to all. Only once there was a licence and a path, would they consider approving the Locality Fund. Given the deadline for this year’s Locality Fund applications being the end of March, Cllr Playle had suggested the Clerk apply for the licence and obtain some quotes for the path and to make the application from the forthcoming budget. He confirmed that the Locality Fund would be available and that he would make provision for the cost of the bench (£800.00) as agreed previously (Min. Ref 24-5/246) and also agreed to allocate some of these funds to contribute towards the cost of the path (the amount would be determined once the quotes were received by the Parish Council).

- Devolution – Essex County Council was required to submit its interim report on the proposed unitary councils by 21 March 2025. It had publicised the consultation for Mayoral Combined County Authority in Greater Essex which runs until 13 April 2025, inviting residents in Essex to have their say.

ii. **Cllr Walsh** reported on the following:

- Cllr Abram – apologies were received from Cllr Abram, who continued to make a good recovery. The Parish Council asked Cllr Walsh to pass on its best wishes to Cllr Abram.
- Devolution – following on from Cllr Playle’s report, it was noted that elections for the Mayor of Greater Essex would take place in 2026.
- 2025 Local Elections – following the Devolution announcement, it had been confirmed that the local elections planned for May 2025 would not take place now until 2026.
- Local Plan Review – a fundamental review of the Local Plan (including the recent Call for Sites exercise) was taking place, which would revise and extend the Local Plan to 2041. Once responses from the consultation had been collated, Braintree District Council would publicise their timetable of committee meetings where members of the public would be able to attend. These were expected to take place in May/June this year.
- BDC Waste Management and Recycling Scheme – BCD had undertaken a consultation on its waste management and recycling scheme, which proposed to replace recycling bags with an additional large bin for cardboard and paper. It was noted that BDC currently only recycled 48% of its domestic waste and it was keen to improve on this. The proposals for bins and collection under the new scheme included:
 - Food waste (weekly)
 - Cardboard & paper (one fortnight)
 - Other dry mixed recyclables (the next fortnight)
 - Non-recyclable waste (three-weekly)
 - Garden Waste – no change (fortnightly)

He noted there remained concern regarding flats and those properties with more restricted access and the requirement to have more bins and these concerns were being considered.

The Parish Council was naturally supportive of improvements to recycling, but concerns were raised over a three-weekly collection of non-recyclable refuse, especially during the summer months, where decomposition occurred more quickly and there was risk of maggots, vermin, and other pests. They also expected this could increase the amount of littering and fly-tipping in the parish.

Cllrs. Playle and Walsh left the meeting at 8.25pm

24-5/267 MINUTES OF THE PARISH COUNCIL MEETING HELD ON 10 FEBRUARY 2025

Councillors received and considered the minutes of the Parish Council meeting held on 10 February 2025 and resolved to approve them as a true record. The minutes were signed by the Chair.

Proposed: Cllr Evans; Seconded: Cllr Turner; All in favour,
RESOLVED.

24-5/268 FINANCIAL REPORTS

i. Councillors received and approved the financial statements to 28 February 2025.

Cllr Lockey clarified that the invoice from EH Countryside was in respect of the tree pruning which had taken place in February 2025.

Whilst this was the second invoice this budget year for tree pruning, the one received in April 2024 referred to work undertaken in March 2024 (the previous budget year and which formed part of the contract). The Clerk would liaise with the Contractor to confirm that, going forward, any additional work other than regular grass cutting, should be referred to the Contracts Manager or Clerk for prior approval.

Proposed: Cllr Kinder; Seconded Cllr Turner; All in favour,
RESOLVED.

ii. Councillors approved payments for February 2025. There were no queries. Proposed: Cllr Lockey; Seconded Cllr Evans; All in favour,
RESOLVED.

The Clerk advised that the annual charges for Microsoft subscription had increased to £104.99, which was due for renewal on 18 March 2025. She would pay this and reclaim this expense from the Parish Council in April.

24-5/269 MEMBERSHIPS

The annual renewals of membership to the RCCE and EALC/NALC were due shortly. The RCCE had confirmed theirs would increase to £61.80, including VAT. The EALC had yet to confirm the cost for 25/26.

Councillors considered both the RCCE and EALC/NALC both provided a helpful and valuable service (including legal advice) to the

Parish Council, as well as other services and unanimously agreed to renew these for 2025/2026. Proposed: Cllr Lockey; Seconded Cllr Deighton; All in favour, RESOLVED.

24-5/270 GRANTS AND FUNDING

The Clerk had applied for two County Councillor Grants in October: £400 to contribute towards the cost of two salt bins and £400 to contribute towards installing a bench by the re-wilding area at the church. To date these had not been approved, and she was therefore unable to place orders for the items. Given Cllr Walsh had left the meeting, she would him after the meeting to request that he consider approving the applications.

As noted earlier by Cllr Playle, the Locality Fund application for the replacement bench at Church Road would need to be deferred to the next budget year and once the licence for the bench was approved and a footpath installed.

ACTION – CLERK

24-5/271 POLICIES

The Clerk had reviewed the following policies, which required approval and resolution from the Councillors:

Code of Conduct Policy

Communications Policy

Community Engagement & Social Media Policy

Complaints Policy

Co-option of a Councillor Policy

Data Protection Policy

Equality & Diversity Policy

Expenses Policy

Freedom of Information Policy

Grant Funding Policy

Health and Safety Policy

Retention of Documents & Records Policy

Training Policy

Councillors had received the updated policies to enable them to be considered ahead of the meeting. There had been no fundamental changes to the policies, other than the Equality and Diversity Policy

which had been consolidated. It was unanimously agreed to approve and adopt each policy. The Clerk would provide links to the updated versions on the Parish Council website. Proposed: Cllr Lockey; Seconded Cllr Turner; All in favour, RESOLVED. ACTION - CLERK The following policies would be circulated in May 2025 to be resolved and approved at the Annual Parish Council meeting, along with the Fixed Asset Register:

Financial Regulations Policy

Standing Orders

Code of Conduct – confirmation that this has been read and understood

24-5/272 ANNUAL PARISH MEETING 2025

The Annual Parish Meeting would take place on 12 May 2025 and Councillors were asked to consider who to invite to present at the meeting. It was agreed that the Clerk invite the following:

- Village Hall Management Committee
- Essex Community Policing Team
- Local Fire Brigade
- Dementia Society
- Anglian Water
- Low Carbon

ACTION - CLERK

24-5/273 PLANNING MATTERS

There had been no planning notifications received.

24-5/274 PLAYINGFIELD

Cllr Kinder had nothing to report.

24-5/275 FOOTPATHS

The Footpaths' Officer advised there were no issues to report, other than BDC were still investigating the damage to the bridge at Footpath 33. She noted there appeared to be an increase in the amount of littering in the area and had reported this. This referred to the haul road/Church Road, Doghouse Lane, Cut Hedge Lane and the A120 layby.

She referred to the increase in anti-social activity taking place in some of the laybys, which made these parts feel less safe to walk. The Clerk noted that the Parish Council had spoken with the local Community Policing team in January with regards to obtaining a Public Space

Protection Order (PSPO). They had advised this could only be granted by the District Council. The Parish Council had this issue earmarked as a future item for discussion and to consider how best it could collate and present 'evidence' of this activity to enable them to apply to the District Council to consider a PSPO.

24-5/276 LINKS SOLAR FARM

The Clerk confirmed that £1040 had been received from Low Carbon to reimburse the Parish Council for its legal fees. She had invited Ms Beverley Rodbard-Hedderwick, Low Carbon's Stakeholder Manager, to attend the Parish Council meeting in April to provide an update on the solar farm and answer any questions the Parish Council or public might have. To date she had not received a reply.

She had also advised Ms Rodbard-Hedderwick that the Parish Council was still awaiting the electronic Community Benefit document which requiring e-signatures from the Chair, Vice Chair and Clerk. Again, she had not received a response.

Cllr Evans reported that there appeared to be some damage to the verges and road along Links Road which residents had advised had been caused by vehicles accessing the solar farm. Councillors recalled that Ms Rodbard-Hedderwick had previously given her assurance to the Parish Council, that Low Carbon would ensure verges and roads were all made good once the project had been completed (Min. Ref 24-5/005).

The Clerk would endeavour to contact Ms Rodbard-Hedderwick again, to follow up on these points and invite her to the Annual Parish Meeting. ACTION - CLERK

24-5/277 CCTV/FLY-TIPPING IN BRADWELL VILLAGE

The Clerk was pleased to report that the CCTV camera had been installed by the recycling bank. The Street Scene Team from BDC would monitor any activity and replace the SD card and batteries on a weekly basis. They also planned to remove and clear the area of any litter. The Clerk would put a note in the Parish Newsletter, website and Facebook page advising residents. ACTION - CLERK

24-5/278 VILLAGE SIGNS

Cllr Turner reported that the village sign was damaged and required repair. It was agreed that the Parish Council should obtain three quotes to undertake repair work and present these for consideration at either the April or May meeting. ACTION - CLERK

24-5/279 IWMF CROSSING & TRAFFIC

Cllr Turner attended the latest IWMF liaison meeting and reported the following:

- IWMF had received reports of traffic not stopping at the crossing so were now monitoring this. It was reported that, on one day alone, 54 vehicles failed to stop. The IWMF were dealing with the staff in question, but this had raised serious concerns about the safety of the crossing.
- There appeared to be a number of vehicles parking in the layby overnight, which contravened the signs noting that vehicles would be towed away.
- The first ‘test-firing’ would be undertaken in mid-August and will require 300 tonnes of waste a day, which would gradually increase to 1000 tonnes. While there would be no more construction vehicles accessing the site, there would be lorries transporting the waste material.
- The IWMF is seeking planning approval to allow a visible plume on occasion. The plume would not be combustion gases, but rather water vapour. While this raised concerns with the Parish Council, they (along with residents) would rely on, and expect the Environment Agency to carefully monitor this and take appropriate action.
- The planning application for the Rivenhall Greenhouse was expected to be submitted on 17 March 2025, which means it would be considered at the next Parish Council meeting.

Councillors discussed the potential benefits to the parish of applying for a Community Benefit Grant from IWMF. One example is that this could be used to contribute towards funding the path at the playing field which, due to a high cost, had been deferred as a longer-term project. Councillors would explore this further and consider this at a future meeting.

24-5/280 ESSEX VILLAGE OF THE YEAR 2025

At the last meeting it was suggested that the Village Hall might want to submit an entry to the RCCE's Village of the Year competition given the amount of community events it held. Cllr Turner had now discussed this with the Village Hall Management Committee who had agreed to submit an entry for the Village Hall section. He would be attending the RCCE Membership event on 25 March and would find out more information then.

24-5/281 VILLAGE INFRASTRUCTURE

Cllr Harding reported the following:

- Along with Cllr Playle's application for a bus shelter opposite Wadud's, Cllr Harding had put in an application to ECC for replacement bins at the shelter by Wadud's, the one at the BP garage and the one opposite Wadud's.
- Cllr Harding had reported the streetlights by The Street, and it was expected/hoped these would be repaired as part of the work when the speed cameras were installed.
- As part of the Great British Spring Clean, Nigel Allsopp from National Highways would deploy a litter pick team on 25 March to undertake a litter pick from Mark's Farm to the A12. He had asked that they show both Bradwell and Mark's Tey some 'TLC' given this is where most people live. The Parish Council wanted to publicly thank Mr. Allsopp and his team in advance for their efforts, which was very much appreciated.

The Clerk reminded councillors that the Spring Litter Pick was scheduled to take place on Saturday 12 April commencing at 9am. The Parish Council would also be funding the amenity vehicle to be in attendance for two hours from 10.00am.

She noted that the Street Scene Partnership Fund for 2025/26 had been received, where the Parish Council would receive an annual payment of £495.99 for assisting with keeping the parish tidy and which included holding litter picks, reporting fly-tipping, and advertising the Channel Sweeping events. Cllr Turner said the litter picks were not very well attended and that, to date, there had been a lack of volunteers. However,

residents did make use of the amenity vehicle, which last time cost the Parish Council £280.00.

Councillors agreed to review how well attended the Spring Litter Pick was at the May Parish Council meeting and consider whether or not to continue with funding the amenity vehicle to be in attendance.

Cllr Evans reminded Councillors of the meeting on 15 March to discuss the future of the Church, and he hoped that as many residents as possible would attend.

24-5/282 INFORMATION EXCHANGE & AGENDA ITEMS FOR THE NEXT MEETING

Future agenda items:

- PSPO – Consider how the Parish Council/residents will record incidents/evidence to provide to BDC
- Low Carbon – invite Beverley Rodbard-Hedderwick to the April meeting
- Taking forward the Neighbourhood Watch Committee (if/when volunteers received)

The Chair agreed to suspend Standing Order 3Y, General Meetings, as the meeting would exceed two hours.

24-5/283 TO EXCLUDE PRESS AND PUBLIC

Public Bodies (Admission to Meetings) Act 1950 ‘That the public be excluded from the meeting during consideration of Agenda Item 24/198, 24h99, 24/200, 24,201, on the grounds that publicity would be prejudicial to the public interest by reason of the confidential nature of the business subject to the public bodies admission to meetings Act 1960 Section L Sub-section’.

24-5/284 NEXT PARISH COUNCIL MEETING

- i. The next Parish Meeting will be held on Monday 14 April 2025 at 7.30pm in the Village Hall, Bradwell
- ii. Items for inclusion in the agenda to be sent to the Clerk no later than 12 noon on Friday 4 April 2025.

The meeting closed at 10.15pm

STREET CLEANING in Bradwell with Pattiswick

Braintree District Council has a programmed route for the sweeper to be in attendance, cleaning main highways where there are kerbs.

The sweeping schedule can be viewed on the Braintree District Council website (www.braintree.gov.uk/parishsweeps), but the next road sweep for both Bradwell and Pattiswick is **11 April**. Where possible, **residents are encouraged to park elsewhere on this date so that sweepers have clear access to the road channels.**

Further dates have been scheduled for 17 July 2025, 20 October 2025 and 21 January 2026.

CCTV at the recycling centre Church Road, Bradwell

Braintree District Council has now installed CCTV at the recycling centre in Church Road, Bradwell. Residents will be aware that there have been a number of incidents of fly-tipping in this location during the past year and it is hoped that, with the CCTV being closely monitored, this will now stop.

Signs have been placed along the road advising that CCTV is now in operation, and residents should be mindful when using the recycling bins to ensure that items are placed **inside the bins and not around the bins**, which could also be considered as fly-tipping.



PILATES

IN BRADWELL VILLAGE HALL

CLASSES WOULD SUIT ALL
ABILITIES, AGES & GENDERS

WEDNESDAY 6 - 6.45 pm

£5 per session

For more info call Karen: 07906247535 Spaces are limited

SPRING LITTER PICK – Volunteers required!

The next **village litter pick** takes place on **Saturday 12 April 2025**. Volunteers are invited to meet at 9.00am outside the Bradwell Village Hall, to lend a hand with the ‘community clean-up’. It’s a great way of keeping our village neat and tidy, as well as giving you the opportunity of meeting other residents and finishing with refreshments in the hall!



The amenity vehicle will also be available to residents free of charge, for two hours from 10.00am, giving you the opportunity to have a spring clean at home too!

There will be another Litter Pick on Saturday 13 September.



Please be aware that NO TRADE OR BUILDERS' RUBBLE IS PERMITTED and that the following items cannot be taken:
White Goods, *Paints, *Oil, *Large branches, *Tyres, Chemicals, Gas Bottles, *Soft Furnishings (inc. Sofas, sofa beds, armchairs, kitchen/dining room table & chairs, any upholstered furniture - Including any part made of or containing leather, synthetic leather, other fabric or foam, Futons, Bean bags, Floor & Sofa cushions), *Patio Doors, *Large Tubed Televisions, *Refrigerators, Electric upholstered chairs will continue to be categorised as WEEE for the avoidance of doubt.

BRADWELL FUN DOG SHOW
Save the date, more details on Facebook.
Saturday 31 May

**ANGLIAN WATER MAINS REPLACEMENT SCHEME –
 LINKS ROAD CLOSURE 28 APRIL – 4 JULY 2025**

With effect from Monday 28 April, Anglian Water will be commencing work to replace 2km of water mains pipes running from Links Road to Cressing Tower (running from the water tower at Lanham Green Road/Whites Green in between Cressing and Bradwell, all the way down to Links Road).

This will eventually see the decommissioning of the Bradwell Water Tower and residents will be served via the pump from the reservoir. Not only does this save money, but residents will see an improvement in water pressure. Anglian Water have given their assurance that the new pumps are very reliable and can provide back up in the event of pump failure.

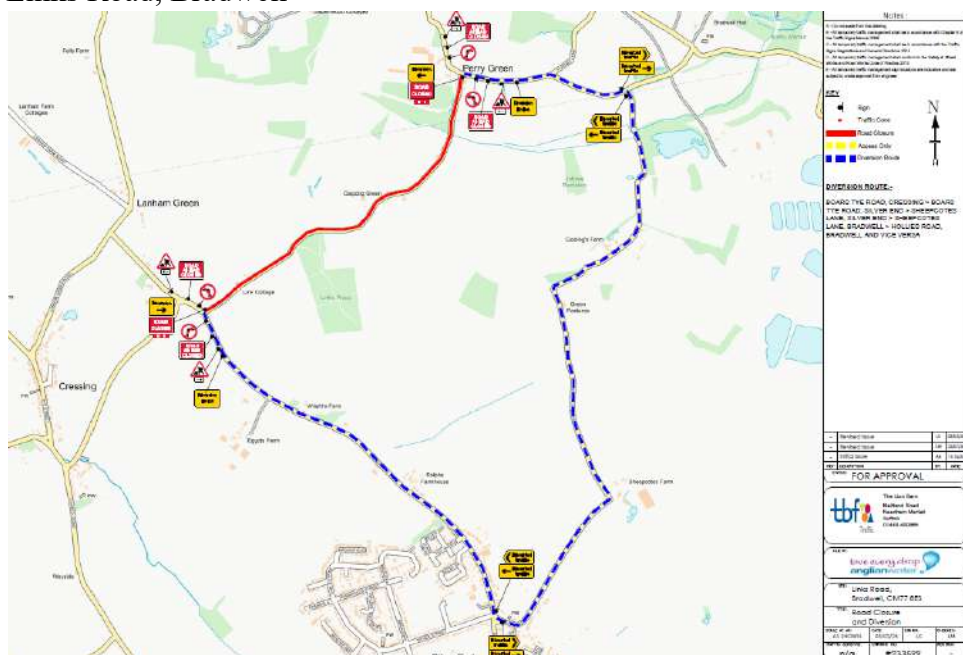
The work will require closing Links Road for a total of nine weeks and will be undertaken in three stages as shown below. All residents living along the road and affected by the closures have been contacted in person will be able to continue to have access their properties via a fob/access code system. The Anglian Water Project Manager will be on call and contactable 24/7 for the duration of the project.

- **Monday 28 April – Tuesday 1 July**, Links Road Closed, Live CCTV units with Dofygate (electronic Barrier) System for Access/Egress for residents living within road Closure.

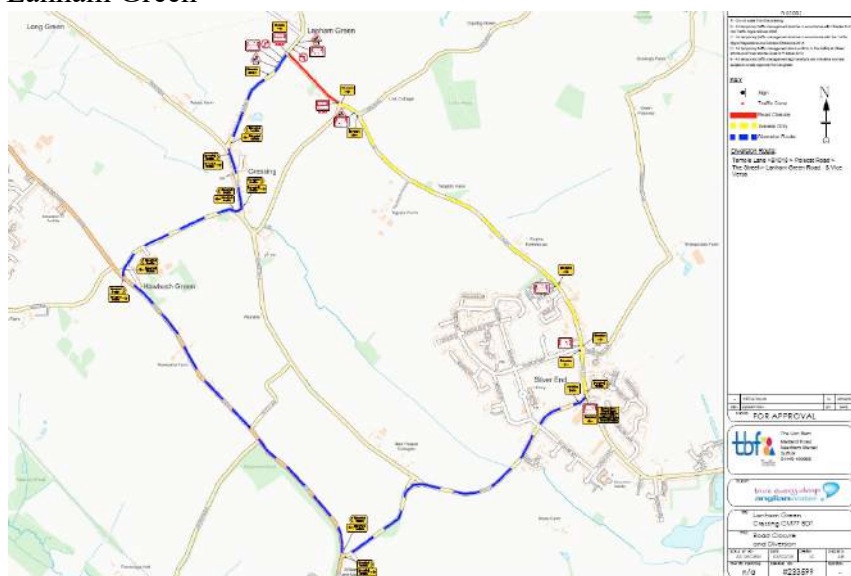
- **Thursday 22 May – Tuesday 1 July**, Lanham Green, from the junction of Shardloes Lane to junction of Lanham Green Road, again Live CCTV units with Dofygate (electronic Barrier) System for Access/Egress for residents living within road Closure.

- **Wednesday 4 June – Tuesday 1 July**, extend phase 2 Road Closure to include the junction of Lanham Green Road and Lanham Green. Non-residents will need to use the diverted routes shown on the maps below.

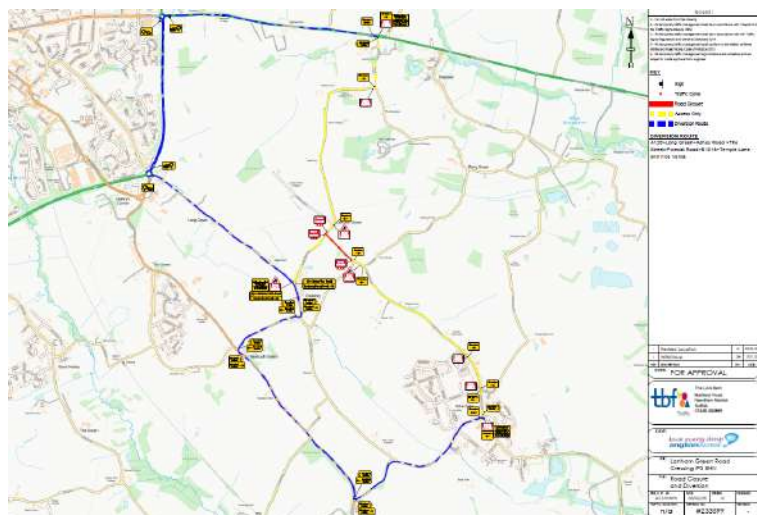
Links Road, Bradwell



Lanham Green



Lanham Green Road



BRADWELL VILLAGE HALL

CAN YOU HELP? THE ANNUAL EASTER EGG HUNT WILL SOON BE UPON US!

WE ARE SEEKING DONATIONS FOR RAFFLE PRIZES AND TOMBOLA.

Tombola can be bottles of anything, unwanted gifts, toiletries, Easter gifts for children (just small items) sweets etc but everything must be in new condition please.

Raffle prizes again, new items from Alcohol, Chocolates, Easter Eggs or perhaps something for the garden. If there are any businesses locally or one you have dealings with that could donate a Voucher these always go down well and would be appreciated.

Message or contact: Karen 07977 565625 or Yvonne 07941341419

We can arrange a drop off or collection

CRAFT FAYRE SATURDAY 6 JULY FROM 10.30

We are looking for stall holders to come along on the day, just £5 per table, you must book in advance to secure a space.

Please get in touch by calling Yvonne 01376 561607



BRADWELL with PATTISWICK

One of the themes to come out of the 2024 Neighbourhood Plan review, was that residents were keen to reinstate the Neighbourhood Watch scheme in the parish.

The Parish Council is very supportive of this request, however in order for this to happen, **we need volunteers** to act as local co-ordinators.

It is up to each village to decide how best the scheme works for them, but typically co-ordinators are responsible for tasks such as distributing newsletters and leaflets, putting up NHW street signs, providing stickers for bins and windows, issuing personal alarms to those who might benefit, applying street sign, visiting those without internet access (typically more elderly residents). Tasks can be divided by street/area to help share the work.

Co-ordinators can liaise with other parish co-ordinators across the district and meet with local police to discuss issues closer to home.

There is also plenty of support from District Co-ordinators.

If this is something you would like to help with, no matter how small the task, please contact the Parish Council Clerk at

clerktohppc@outlook.com.

Unless we have volunteers, the scheme cannot go ahead.

Bradwell Village Hall

Pub/Social the last Friday of the month from 7.30pm

darts, cards, dominoes, games, chat & TV/music



Future Dates for the diary:
The last Friday of the month.

Everyone Welcome
Bar Pricing very reasonable!



ESSEX DEMENTIA CARE

Meetings are held in Bradwell Village Hall, Monday 11.00 - 3.30,
Wednesday & Thursday 11.00 - 4.00, please telephone
01245 363789 to book a place.

Kelly Bleasdale

CRAFT CHAT GROUP

We welcome residents from Bradwell

The craft group meets in The Montefiore Institute, Stisted on
Wednesdays at 1.30pm. See page 6

For further information, please contact:

anitaburnett@btinternet.com

BRADWELL VILLAGE HALL SWAPPING BOX

The swapping box is full to capacity please pop-along and help yourself to a few books for all the family thus making room for a selection of new. The box is situated outside the village hall for everyone to use.

SERVICES ADVERTISED	Page
Stisted Village Hall Bar	2
Stisted Community Shop	5
A & D Builders	14
The Aromatherapy Room – massage & reflexology	24
Bob’s Boilers	4
Braintree Food Bank	23
Braintree Golf Club	20
BritLabels – local printer	8
Chelmsford Car Care – car body repairs	25
Claverings Farm Holiday Lodges	7
G Collins & Sons – Funeral Directors	11
Community Agents	29
Countryside Services – oil fired boiler specialists	24
Courtney Lang – Asbestos Management	9
Courtier & Courtier – accountancy and tax advice	27
Cut & Seasoned Firewood from Pattiswick Hall Farms	8
Fitness Pilates Classes	10
Foot Health Practitioner – in your own home	27
Forge Garden Services - trees, hedges, landscaping etc.	17
Forrester Hughes Ltd – groundworks, extensions etc.	18
Madz4Paws – Dog Grooming	3
Make Do & Mend – all your sewing needs	12
MRE Aesthetics	16
Physiotherapy – including evening & Saturday appointments	28
Pam@villagcare&support – offering care and support	28
Pilates – Bradwell Village Hall	57
Daniel Robinson & Sons – Funeral Directors	25
Samadhi Escapes – reconnect with your inner peace	12
Serenity Yoga	10
Sports Massage	15
Ziel Design for Living – Earls Colne	10